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A

Serious Debate, and General Concern,

RELATING TO

HEALTH and SICKNESS.



By E. M. Med. D.

The Second Impression with a Postscript.

THE *Art of Physick*, as now improved and enlarged, consists of five Parts: 1. *Physiologic*. 2. *Pathologic*. 3. *Semeiotic*. 4. *Hygiastic*. 5. *Therapeutick*. The *Therapeutic* is put last, in the order for Study and Practice; but is first in *Dignity*, *Antiquity* and *Excellency*; for as much as the two main Columns, that support the whole Frame of this Art (*viz. Pharmacy* and *Chyrurgery*) stand in the fifth Division.

Pharmacy, the invention, preparing and proving of Medicines; gave the first *Being*, and *Name* to Physicians; in this work they were first employed: and *Chirurgery* was the next most necessary acquirement; that gave *repute* and *esteem* to the Primitive Professors: and these two are so needful to enable and make a Physician compleat, in the Office of *Curing*; that if he be defective in the one, he halts on that side; but if he be devided of the other, he is reduced to nothing; for without Medicines he is useles; and without a certain knowledge therein, he is unable to perform any true Service to the Sick and diseased; but is an *uncertain* and *unsafe* Practiser.

Notwithstanding the grand importance of these two principal Parts: First *Chirurgery* was lopt of, and separated from them; afterwards and not long since; *Medicines* were deserted by them; and they reserved only to themselves, the *notional*, *talking*, and *genteel* part of their Profession: the *motives* thereunto, and feigned *pretences* for that unreasonable desertion, I must wave at present.

But take notice, as undeniable (from the Records of *antique* Authors, and by Confession of our *Modern* Writers) that *Medicines* were the *Rise* and *Foundation* of Physicians and their Art; in the *making* and constant management whereof, *Physicians* of the greatest Fame and Eminency, did *Personally* employ themselves, inspecting the preparing and compounding their own *Medicines* diligently at home, to be knowing and expert therein, and to secure their Art from *Invasion*: not depending and relying upon the *Care*, *Skill*, or *Honesty* of Substitutes, nor any subordinate Men and their Servants, in a perfunctory Shop trading way; but managed all by their own labour, or diligent inspection over their own Servants at home, as greatly concerned for Mans Life; and so careful for providing for the Sick, that nothing appertaining to the whole business, but passed through their own hands, or managed under their eye.

This was the primitive and ancient Practice of Physicians, even those of the greatest Renown (called the Princes of physicians) gained their repute and fame by this exemplary and most laudable Practice: *Esculapius, Hermes Trismegistus, Hippocrates, Dioscorides, Caristius, Galen, Scribonius Largus, Andromachus, Oribasius, &c.* all the Ancient Heroes in Physick. That it was so, appears by their own works extant; as also from the testimony of authentick Writers; *Joan. Langius, Quercitan, Sennertus, &c.* Inquirers into Antiquities.

Hippocrates in his Book *Dei eugnomodons*, chargeth all Physicians with the preparation of their Medicines, which they ought to have ready in their own keeping; and this was diligently observed by all the Professors, for many Centuries after him. Physicians then were famed by their Medicines which they themselves prepared, practised with, and published: whose own names gave Titles to the Medicines of their own invention and making; and to whom the People did resort for their celebrated Remedies; for Names were not then given to Medicines for nothing; but that they might be known whose they were, and where to be had, for a Publick good. *Præstantissimi medici domi sua suis manibus medicamenta composuerunt, & suis nominibus insigniverunt.* Sennert. institut. lib. 5. p. 3. Sect. 2. Cap. 1. and this Practice continued so for many hundred years, to the ready relief, and publick benefit of the Diseased.

And for encouragement to the Professors in this so important and necessary work; some studious and learned Emperours, Kings and Princes, did contribute their experiments and endeavours in Pharmacy, whose Medicines, invented by them, bear their Names to this day recorded by Authors of repute. And of such esteem were Medicines, that the Ancients called them *Deum hæret, deorum manus*, as well they might, for without them, Learning can effect no Cures.

Physicians therefore being then very sensible, that Medicines were the most considerable part of their Art, they judged that weighty affair, indispensably requiring their personal attendance upon, and chiefest care to manage: a true sense whereof, caused some of our most eminent modern Physicians, not to depart from this laudable custom of the Ancients, but were industrious and diligent in the Preparation of their Medicines: as *Paracelsus, Libavius, Angelus Sala, Basil. Valentinus, Crollius, Quercitan, Faber, Mynsicht, Hartman, Schroder, Helmont, Swelfier, &c.* Men of great Fame and note.

But Physicians of later times gradually declining (being addicted to ease and pleasure) and our present Age more generally revolting from this necessary labour, most hopeful, and most helpful Practice of the primitive Professors, resigning the management and care of Medicines (their proper duty, mystery and important charge) into the hands of Tradefmen; Medicines thereby prostituted, and exposed in a Shop trading way, fell much lower in estimation and repute; now accounted a vulgar mechanick employ; that some of our proud Doctors (but not the wisest) think Medicines too inferiour for them to meddle with; and some shallow-brain undiscerning People, account it a disparagement and lessning of a Physician to be employed in that work: but the Vanity of such weak Heads, and the Villany of those Revolters, that first betrayed the Pharmaceutick Art into a Trade; and the many ill consequences that unavoidably attend this new mode of prescribing, both as to Patients and Physicians, and also a stifling of the Art it self; plainly doth appear in a Serious Tract Entituled, *The Ancient and modern Practice of Physick, Examined, Stated, and Compared, By E. Maynwaringe, Med. D.* To which no Answer (though long expected and much desired) as yet hath been given, in defence of their unreasonable innovation, and Spurious Practice: for as much as, the Reason, Arguments and Truth of that Book, bids defiance to any Learned, Argumentative, objecting Pen; worth replying to.

Illiterate Men, of mean and broken Fortunes (taking advantage by this imprudent neglect, and strange revolt of the Professors) finding the common People very ready, and easy to

to be catcht with their bate; have craftily and gainfully got the Custom of setting forth their hazardous, or trivial Medicines; whereby some the most knowing and expert Physicians, exercising the *ancient* true Practice, have been discouraged from offering to the World, the *products* of their Art and long Experience in Medicinal Preparations; for fear of *scandal*, and of being accounted in the number of those *Empericks*, by some undiscerning People: But if a Man will forbear doing his duty, to serve the publick as he ought, for fear of aspersions from prejudiced, ignorant, or ill-minded People; he wants that *resolution* and courage that a good Man should have: for such reflections and discouragements, the *best* of Men will meet with in the *best* of things they shall undertake. If Tradesmen in Physick be your Enemies; if they shall traduce and defame you behind your back, for lessning their trade; regard not their words, they served me so; what then — *tunc cede malis, sed contra audentior iri*. And if *Quacks* have defamed the custom of publishing a Medicine, it must be restored again into its former just reputation, by the *learned* and *legal* Physician: the *abuse* of any thing does not take away, nor ought to hinder the *right* use.

And as for diseased Persons, you are willing perhaps, and some very desirous (such as are greatly and dangerously afflicted) that Men of *Art*, *Industry* and *Learning*, should find out something more *rare* and *excellent*, beyond what is common and indifferent; that may give you the most *expeditious*, and best help, in a difficult and deplorable condition: and who can you expect this extraordinary Medicine from? But from a diligent, industrious Physician, that constantly labours in the various *preparations* and *trials* of Medicines, to acquire that which may *excel*, and *outdo* the common stuff. But when he hath gained such a Medicine, what must he do with it? Conceal it, and keep it by him? or would you in *particular*, have only the benefit of it, and every Body else should be deprived of it? No, you will say, that's incharitable: if every Body then may have the use of it, then every Body that stands in need thereof, must be inform'd of such a Medicine; and how can that be, but by *Printing* and *publishing*? As Sermons, all manner of Learning, Engines, ingenious Inventions and improvements in all Arts, and Manufacture, that may be useful to the publick, are *Printed* and *Published*, to the praise of the Authors: so likewise may a singular Medicine, that deserves to be made known, for the benefit and relief of many, that languish for want thereof: *qua multis valeant, omnibus innotescant*.

And it is much the Peoples *interest*, to encourage such industrious *excelling* Physicians, Operators in Medicines; that they may not *confine* their rare elaborate inventions, and successful Experiments, within the narrow compass of a *private* Practice, but expose them also to *publick* use. Hereby such as *languish* under that *malady*, the places of their abode doth afford, and some perhaps given over as *incurable*; may then be informed of *prevalent* Remedies, and have extraordinary help conveyed to them from far: and those who think it *irksome*, and will not undergo; and some that cannot bear the *Charge* of a course of Physick, with *Doctor* and *Pharmacy*, may receive great relief, by a single extraordinary Medicine. And when such Men of the *greatest* knowledge, and *long* experience in various trials and proofs of Medicines, shall thus produce their comprehensive *Catholicks*, and choice *Specificks*; a Treasure will be laid open, that, what is most *excelling* and *rare*, will be known and transmitted through the Kingdom, bringing relief to those that *languish* in difficult Cases, and often *perish* for want of such help. He that picks straws all day, is as serviceable and beneficial to the publick, as he that studies and labours *many years*, to acquire noble Medicines, and then conceals them. *Impium est ea tacere, quæ si promulgata essent, multorum misere decumbentium in levamen extarent*.

In imitation therefore of that exemplary, secure, and most knowing practice of the Ancients; I have been constantly exercised, in the *designing*, *preparing* and *proving* of Medicines near thirty years: which labour hath been recompenced with a full satisfaction and

certainly in the various nature of *Drugs and Medicines*; not otherwise to be known by Book-reading, and speculative Conjectures, then converted into prescripts. *Optimum est majorem sequi vestigia, si rectè praeceperint.* Senec.

And having so acquired certain Medicines. not common and ordinary, I think it necessary to expose some to publick use, such as may be most generally helpful, and chiefly wanted. And finding the People most frequently complaining of *Scorbutick* humours, that infest them in several parts of the Body; (notwithstanding the common traditional Medicines used) and knowing how productive and spreading the *Scurvy* is, causing various alterations in divers parts, complicating with, and aggravating all other infirmities incident to humane Nature; that as the *Solitary* cause, or complicated affect, most Diseases may be termed *Scorbutick* in these Northern Countries.

Hence it is, that *Engalenus, Sal. Albertus, Reusner, Langius, Martinus*, and other Eminent Writers, have well noted unto us, how generally the *Scurvey* acts its part, and bears a name in most Diseases: *Scorbutick* Consumptions, *Scorbutick* Dropsies, *Scorbutick* Palsies, *Scorbutick* Gouts, *Scorbutick* Feavours, *Hectick*, malignant, Continual, or intermitting called *Agues*: *Convulsive* motions, difficult and short breathing, *Lienteric* and *Dysenteric* Fluxes, *Pains* vagrant or fixed, of the *Head, Teeth, Breast, Loins or Limbs*. *Gripes, Cramps, Itching, Spots, Tumors, Ulcers*: all these may, and often do arise, from the fertile Seeds of a latent *Scurvey*, not discernable, but to the most sagacious Physician; not curable, but with Medicines truly *Antiscorbutick*: all which more at large, is set forth in my Treatise of the *Scurvey*.

These Considerations put me upon the most urgent inquiry after, and diligent labour for, the means most powerful to oppose and subdue this secret destroyer of Man's Life, and not to keep the People doing, and undoing them with Physick; as it is now frequently practised. After various tryals in *Preparation*, and proofs by *Practice* for many years, at last I gained two Medicines (now perfected, and more compleat than formerly) which I shall recommend to all Persons afflicted with any *Scorbutick* Symptom, or other Disease complicated with the *Scurvey*, made obstinate, and exasperated by their Conjunction. The first is a solid Extract made up into the form of Pills, for more ready, easy, and convenient taking: the other is liquid, digested, impregnated and spiritalized into an Elixir; not as some cheating *Quacks* have falsely titled their Medicines, which are not so; nor do they know what an Elixir is.

These two Medicines are proved to be the most useful, easy, and best expedient to prevent, allay, and subdue this difficult *Protean* Disease the *Scurvey*, with its dependants and complicated affects: restoring such as have long lingered under the tedious use of common traditional Medicines. The Pills are the best preservative to keep the Body clean: The Elixir to roborate and strengthen the faculties, that are declining and deviating from the performance of their several functions. The Pills may be taken very well without the Elixir, if the case require not the use of both: but when both are used they are a compleat Course.

The *Scorbutick* Pills are purgative and diuretick in their Operation; working upon all *Scorbutick*, indigested and corrupt humours, carrying them forth by *Stool* and *Urine*: radically cleansing and purifying the Body, as the most useful and necessary Medicine in all Cases and Courses of Physick, requiring *purgation* and *urinary* Evacuation; which operations rarely are omitted.

They open obstructions of the *Liver and Spleen, Pancreas, Mesentery* and *Bowells*; gently searching, cleansing, and eradicating, not only the *Scurvey*, but also bringing forth the seminal matter of other Diseases. *Qualis humore quisquis abundaverit, sumpto hoc pharmaco purganti; talis evacuetur.*

They

They relieve the *Head, Breast and Stomach*, oppressed, pained, or otherwise ill affected: clearing the *Canals* and ductures of Communication; leading to and from the several parts of the Body, for conveyance and mutual assistance.

They evacuate *watery, salt, itching, corroding, putrid and ulcerating* humours; hereby the humoral Causes of *Tumors, Pains, Stitches, Gripes, Fluxes, Fumes and Flatulency*, are removed and carried off.

Very good to ease and bring down swell'd, *Hydropic*, or Gouty *Limbs*, and to promote the healing of all *Sores*; diverting and drawing off the noxious humours flowing thither.

They cleanse the *Kidneys* and urinary passages, from *sand and gravel*, useful and advantageous for such as are inclined to, or troubled with the Stone.

These good effects are thus performed by a wholesome vegetable Extract formed into Pills; operating pleasantly and safely with *young or aged*, Women with Child, and the weakest Bodies. I need not name all the Diseases this Medicine is proper for, and adapted to; since I have given an account of the *Causes* almost of all Diseases, and to them this Medicine does efficaciously and fitly apply: the humoral Causes therefore being thus taken away, you may then reasonably think the various Diseases bred from thence, must necessarily be removed also, as the Patient is capable: and although *Diseases* are very numerous, and much different by their *names*, from Parts affected, and other Circumstances; yet are they not a quarter so many in their *causes*; several of them may be sorted together, as arising from one root; and will require the same Curing Medicines: *Morbi multi unico remedio curantur*; *cujuslibet enim membri plaga, non habet peculiarem semper causam; sed ab uno eodemq; exiguuo licet semine, plures surgunt affectus*; but most People must have a *several* Medicine, or Medicines, for every complaint that they have a name for; else they think it not possible to cure them, and ridiculous to attempt it: but a *Prescriber* does humour their Fancies; he spares not *Ink and Paper*, and gives the People as many Medicines as they please. If you can perswade your Patients thus to take Medicines confidently from your *hand writing*, without any other care or pains; and make them think they are well provided for; 'tis a fine easy *Practice* and well for you; but not so *safe*, and well for them. A Medicine from a Physicians *hand*, is more secure, is much better than from his *hand Writing*; but the *Prescriber* lives *genteelly*, and the Patient (attended with *Doctor and Pothecary*) dies *genteelly*, with the great Formalities of Physick; this therefore must needs be, a very *genteel* new mode of Practice: But to let pass at this time, what more is to be said, and that is much: but to return, for directing the right use of the *Scorbutick Pills*: and first the Dose is to be known.

A Dose is the due quantity of a Medicine to be taken at once, or for one operation: And because Bodies differ very much in point of Purging; as some are very easy, others hard to purge, and this is not to be foreknown but by tryal; therefore begin with a small Dose, and try the Nature of your Body; afterwards encrease your Dose, as the Condition and strength of Body requires; remembering that *six or seven* Stools in a day is enough: for gentle purging, and oftner taking, calmly collecting and drawing forth the peccant humours, is much better, than forcibly hurrying out both good and bad together. *Eradicativa evacuatio optime per plures evacuationes minorativas perficitur*. Begin with two Pills, next time three; and having then tryed your Body with the strength of the Medicine, you may afterwards increase or abate in the Dose; as your case requires to have them work more or less.

Take them every other night going to Bed, for three or four Nights; then rest a Week, and you may take again in like manner; if your Disease be obstinate, or foulness of Body so require. The next Morning after Pills taking, drink some Posset, or warm Ale; or Whey in the Summer Season. And thus you may do in the Dog Days, or Frosty Weather, with safety and benefit, if occasion urgeth; only ordering your self sutablely to the Season: and this take notice of, that you may sleep at any time of the day between the working, if you be so inclined; for rest and ease promotes the operation best. Some

Some there are that will take a *Dose of Pills*, once in a Week, a Fortnight, or a Month; and think that may be sufficient to Cure them; that truly may do some good, and yet but little, towards a difficult Cure, and you cannot in reason expect more; if your Infirmities be considerable: for the first *Dose* only empties the *Guts*; but the second, third, and fourth, do the Execution; drawing out from all parts of the Body. But if you take for *prevention* only; to keep your *Stomach* and *Bowels* clean, and in good condition; I do not discommend you to take now and then, though at a distance. And therefore some Persons, that from their *experience* prize this Medicine, above the ordinary and common sort; have these *Pills* ready in their keeping, that they may not want them in time of need; being a ready help for such as live in the Country, or travel by Sea, or Land: they being so convenient for Carriage, and so *durable* in their Virtues, for many years. And you that live where *Physick* is plenty, and easy to be had, yet such a Medicine you may not procure, although you give your Gold for the Advice.

The Restoring *Elixir*, is a different Medicine from the former, and performs another operation, very useful in all the debilities and deviations of Nature from her right course; reducing the principal Faculties defective or weak, and restoring them to vigour and rectitude.

This Medicine is frequently used with the *Scorbutick Pills*, for as they by *purging* carry off the impurities and noxious humours, that oppress, clog, obstruct and hinder the functions of several parts of the Body, from performing their duties; So this *Elixir* is proper to *quicken*, *strengthen* and *raise* up those Faculties that are languid and weak, to *rectifie* and *reinforce* them, when declining and deviating; giving an additional strength, for reducing them again, in the true execution of their Offices. This *Elixir* raiseth a decayed Appetite, strengthens the *Digestions*, restores weak Parts, refresheth and fortifies the *Spirits*, resists *Melancholy*, helps old Age, *Consumptive*, and sickly Persons. This much promotes a Cure, confirms it afterwards, and secures from relapsing. *Natura corroborata est Morborum Mediatrix*: Says *Helmont*.

It is not needful to name all the particular Cases and Diseases wherein this *Elixir* is useful; since I have given you the main intention, and general scope of its operations; namely strengthening and restoring. People of reason and understanding, by what is said, may know when they want it, and when to use it; and for others, it is in vain to inform such.

The manner and times of taking the *Elixir* is thus: It is to be taken every *intermitting* day between purging, and after purgation is over; then you may take it every day, so long as you find it convenient and helpful. A Man or Woman must begin with twenty drops the first day, thirty the second, and forty the third; Continuing that *Dose* afterwards. For Children you may proportion it according to their Age. Take it Mornings, fasting two or three hours after: also at five a Clock Afternoon, in a Spoonful of good *Canary*, *Sherry*, or *Rhenish*: but if those be wanting, then in good *French Wine*. You may go abroad, or ride after it, any time of the year, if *Strength* of Body permits.

These two Medicines I frequently use in *Practice*; and which are the result and perfection of many years labour and experience: and others may have the same that live far off, for sending: but if they can procure as good nearer hand. it will be very well; but I doubt they will fall short, and miss of their hopes (though they give a good *Fee* for the purchase) and to be frustrated herein, is a great disappointment: for *Medicines* nearly concern Man's *Health*, and his Life; that preserves and restores the one, and saves the other (as the means) from being lost. *Medicines* therefore being of so great importance, there cannot be too much care and pains; for procuring that which excels the rest.

And since the worth of a Medicine is not to be known but by *trial* and *use*; the only guide and

and help you have in that choice is the *credit* of the Author; his Learning, long Experience in the Preparations of Medicines; and practice therewith: such a Man you may trust, but there are not many of them to be found; where you meet with him, you may prize him: you must not seek him among the Tribe of *Prescribers*; that make and give out Medicines, only upon a piece of Paper; that's an Unskilful, Unsafe, and Unwarranted Practice; although supported and used by men of good learning; but for all that, I must say, and will stand by it, that all the *Learning* they can muster up, cannot maintain and justify that Practice; for *Learning* and great *Reason* directs and appoints otherwise.

Some people there are that inquire after, and give ear to Medicines of alluring, great, and high *Titles*: Infallible *Elixirs*, Never failing *Cordials*; Pills of wonderful operations; and such like delusions put forth by boasting *Quacks*: and these the *vulgar* are fond of, and vainly believe: for which folly they sometimes pay dear, and repent when it is too late; having lost the opportunity of Cure: but for the Masters of that great Art, that deserve to be exalted; a *Pillory* may be thought the fittest reward for such wonderful Medicine-makers. But now I think of it again, they may well be called wonderful Medicines; for some of these *Boasters* and great *Lyars*, have gained some thousands of pounds, with a mean, trifling Medicine in a short time; which many a good Physician could never do, with all his Learning, and Industry in practice, all his Life. But he that sets up for a *Cheat*, is the likeliest Man to thrive: these then must needs be wonderful Medicines, that work such wonderful effects. And that so many people should be imposed upon, their sense and reason deluded by a sort of Men ignorant and unskilful in this profound Art: that's another wonder wrought by those stupendous Medicines; so that now I am satisfied; they had not their great Titles and wonderful Names for nothing.

These Inferences may be drawn from hence. First, That there are more *Fools* in the World than *wise* People: and they that humour and adhere to the foolish Party, are the greatest gainers. Secondly, That lying and cheating gets more oftentimes, than learned industry and upright dealing. Thirdly, That the improbability and unfitness of Undertakers to perform such great and strange pretensions; begets Admirers, Followers after, and promoters of their Rarities. Fourthly, That requisite and fit qualifications, likely to perform what is promised in Art; this being no wonder, makes no noise, and therefore not so much regarded. Fifthly, That it is a doubtful thing, whether long Study, and great Industry to attain the Character of Skillful; will then make a rich Man, or a poor compleat Artist.

But notwithstanding all these doubts, discouragements, and difficulty of the People; he that labours in his Station by true steps, sincerely pursuing the welfare and safety of others, by the most acquirable best means; may expect some satisfaction here, or reward hereafter.

Non ut placeat; sed ut prosit.

From my House in Old
Southampton Buildings
over against Grays-
Inn, Nov. 10. 1689.

E. Maynwaringe.

FINIS.

POST

HAVING lived in *Ireland* many Years since; where observing the *Endemical* Disease of that Country, which commonly begins *Lienteric*, and makes its Transition into a *Dysentery* or *Bloody Flux*; the Disease proving fatal to many; especially to those that have not been accustomed to that *Air* and *Food*: which Alteration caused a languishing Sickness, and the Death of many in *Cromwel's Army*. And now in this Juncture, there is more need for extraordinary Physical Help; fresh Men going over, and being more exposed in War, to irregular Living, than at other times in Peace: I thought my self obliged not to conceal the prevalent Assistance and Help which may be given to all such as are seized with that Disease, or desire to prevent it: and that by the use of a single *Medicine*, sufficiently proved, and approved with great Esteem. For its Certainty, Safety, Innocency, and Pleasantness of Operation, I judge (by the Proofs already given) it will exceed all *Medicines*, as yet found out. It checks the *Orgasmus*, and allays the turgid Fermentation of Humours; soon takes off *Gripes* and *Pains*, ceaseth the *Flux*, and heals excoriated Bowels. It is small in Bulk, light for Carriage, alwaies ready for Use; durable in Virtue seven Years. The most commodious, expedite, and powerful Means, *Preventive* and *Curative*, for *Army* and *Navy*; beyond the usual Accommodation.

I might enlarge upon the Character of this *Medicine*, but shall forbear until it be required by *Authority*; or desired by *Private Persons*; to whom I shall give further, and more particular Account of its comprehensive Power, and efficacious Adaptness to other Cases, from the *Experience* I have had thereof in Practice.

*Arbor à Fructibus; Artifex ab Operibus; & Medicus per Medicamenta
optimè dignoscitur.*

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